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(71)(72) Applicant and Inventor: HERBERT, Dieter [SE/SE]; Hammarkulletorget 14, S-424 37 Angered (SE).

(74) Agent: JOHANSSON, Lars; Lars Johansson Patentbyrå AB, P.O. Box 68, S-801 02 Gävle (SE).

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Published

With international search report.

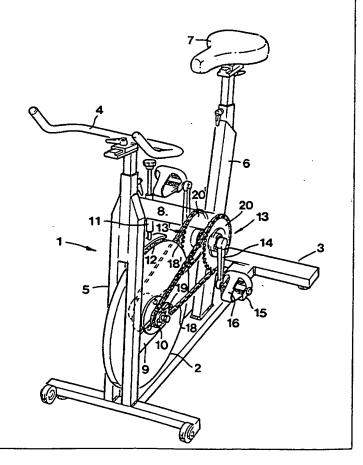
Before the expiration of the time limit for amending the claims and to be republished in the event of the receipt of amendments.

In English translation (filed in Swedish).

(54) Title: BICYCLE

(57) Abstract

A bicycle comprises a frame (1) and a wheel (2) rotatably mounted in relation thereto, which wheel is drivable by means of two pedal devices (13, 13') including pedal-equipped arms (14). The two pedal devices (13, 13') are individually mounted in different bearings and connected to the wheel (2) via two different transmissions (18, 18'), which separately co-operates with a mechanical clutch which comprises a dog being movable to and for opposite shoulder surfaces of which a first one guarantees driving the wheel (2) when the dog in an active state is pressed against the same, and the second one gives rise to noise when the dog in an inactive state collides with the same.



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BICYCLE

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Technical Field of the Invention

This invention relates to a bicycle of the type that comprises a frame and a wheel rotatably mounted in relation thereto, which wheel is drivable by means of two pedal devices having pedal-equipped arms.

Background of the Invention

In previously known training bicycles, which in more modern versions frequently are used for so called spinning, the two pedal devices are oriented in 180° to each other and rigidly united to a mutual shaft to which a chain wheel for one single transmission in the form of an endless chain is rigidly united, which transmits the driving power to the wheel, which power the exercising person applies to the pedals via his/her legs. In practice, this construction gives a mediocre and partly monotonous training of the body. Thus, energy demanding power transmission from the legs of the user to each individual pedal device takes place in the main only the half revolution during which the pedal device is brought to move in the direction forwards from the area of an upper dead centre to the area of a lower dead centre. During the return movement backwards from the lower dead centre towards the upper dead centre, the individual leg is, however, kept in all essentials in a position of rest so far that the same inactively accompanies the pedal in question when the other leg depresses the opposite pedal. This pattern of movement results in a low physiological degree of efficiency, inasmuch as the individual leg's own weight (which frequently is within the range of 15-25 kg) contributes to apply the individual pedal force during the single movement which requires marked energy consumption, viz. the depression, as well as inasmuch as only certain muscle groups in, above all, the exercising person's legs, back and stomach need to be activated during the movement of depression, viz. the muscles which can apply the pedal compressive force.

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Objects and Features of the Invention

The present invention aims at obviating the above-mentioned shortcomings of previously known bicycles and at providing an improved bicycle. Thus, a primary object of the invention is to provide a bicycle which enables a more all-round training and which, by simple means, draws the user's attention to such moments when the work of the body is not carried out in a physiologically optimum way.

According to the invention, the above-mentioned object is attained by the features defined in the characterizing clause of claim 1. Preferred embodiments of the invention are furthermore defined in the dependent claims.

Brief description of the Appended Drawings

In the drawings:

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- Fig 1 is a perspective view of the bicycle according to the invention,
- Fig 2 is a partly cut planar view showing a pedal mechanism included in the bicycle together with a balance wheel,
- 20 Fig 3 is an enlarged exploded view showing a hub construction included in the balance wheel,
 - Fig 4 is a side view of a clutch included in the hub construction in a first functional state, and
- Fig 5 is an analogous side view showing the same clutch in a second functional state.

<u>Detailed Description of a Preferred Embodiment of the Invention</u>

The bicycle shown in fig 1 comprises a frame in its entirety designated 1 as well as a wheel 2 in the shape of a balance wheel rotatably mounted in relation thereto. The frame 1 is composed of a base 3, a front fork 5 provided with a support handle 4, as well as a rear upright 6 which carries a saddle 7. An intermediate piece 8 extends between the front fork 5 and the upright 6. Schematically outlined brackets 9 carrying a shaft 10 for the wheel 2 extend backwards from the two spaced-apart branches of the front fork. A brake device 11 mounted on the intermediate piece 8 has the purpose of applying a variable brake effect to the balance wheel. In the shown

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example, the brake device 11 includes a lining 12 acting against the periphery of the wheel, which lining may be pressed variously hard against the wheel by means of a screw.

In order to drive the wheel 2, a mechanism is arranged including two pedal devices 13, 13' each one of which having an arm 14 with an oblique pedal 15, more precisely a pedal of the type that includes a shackle 16 in which the front part of a user's foot may be engaged.

As far as the shown bicycle has been described hitherto, the same is in all essentials previously known.

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New and characteristic for the bicycle according to the invention is that the two pedal devices 13, 13' are individually mounted in two various bearings 17, 17' (see fig 2) and connected to the balance wheel 2 via two different transmissions 18, 18'. In the shown example, these transmissions consist of endless chains, known per se, which in the front are in engagement with first toothed wheels or cog wheels 19, 19' and at the rear co-operate with second cog wheels 20, 20' included in the two pedal devices 13, 13'.

Reference is now made to fig 3, which in detail illustrates the hub construction of the balance wheel. The shaft 10 is insertable in holes 21 in the brackets 9 and fixable in relation thereto by means of screws 22 and washers 23. The position of the shaft may be finely adjusted by means of set screws 24. A tube piece 25 is rotatably mounted on the shaft 10, which piece is rigidly connected to the balance wheel 2 via flanged rings 26, being pressable against the wheel via nipples 27. Although the mounting of the tube piece 25 in relation to the shaft 10 may be realized in various ways, in practice needle bearings 28 are preferred for this purpose. Furthermore, at each end of the tube piece 25, two cages 29, 29' are rotatably mounted on the shaft 10 with which cages the two front chain wheels 19, 19' are rigidly connected. Also the cages 29, 29' are advantageously mounted on the shaft by means of needle bearings 28.

In each one of the two end portions of the tube piece 25, a number of recesses 30 are provided which are separately delimited by tangentially spaced-apart, opposite shoulder surfaces 31, 32. Each such shoulder surface suitably extends ra-

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dially in relation to the geometric centre axis of the shaft, i.e. perpendicularly to a tangent to the cylindric envelope surface of the shaft. In this manner, the recession gets a sector-like shape, as may be clearly seen in figs 4 and 5. In the shown example, the tube piece includes three equidistantly spaced-apart recesses. In this case, the sector-shaped recession may, for instance, have an arc length within the range of 40-80°, suitably 50-70°.

A number of dogs or fingers 33 corresponding to the number of recesses 30 are provided on the inwardly turned end portion of each cage 29, 29'. Also these fingers 33 are crosssection-wise sector-shaped, although with an arc length which is smaller than the arc length of a co-operating recess 30 in which the finger engages. In practice, the individual finger may have a sector arc length which is 15-25° less than the arc length of the recession. Like the recessions 30, the fingers 33 are equidistantly spaced-apart. By the fact that the individual finger is smaller than the appurtenant recess, the individual cage 29 and 29', respectively, may move between opposite end positions in relation to the tube piece 25, viz. between an end position in which front shoulder surfaces on the fingers abut against front shoulder surfaces in the recessions and an opposite end position in which rear shoulder surfaces on the fingers abut against rear shoulder surfaces in the recessions.

The Function and Advantages of the Invention

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The present invention is based on the understanding that physiologically optimal training results are only attained if the two legs of the exercising person continuously work entire revolutions, i.e. not only during the half revolution when the individual leg carries out a depression movement, but also during each subsequent return movement when the pedal is to be brought backwards from the lower dead centre thereof towards the upper dead centre thereof. Due to this reason, the two pedals of the bicycle according to the invention are equipped with means for fixation of the foot or shoe of the exercising person. In the shown example, the pedals 15 include a conventional shackle 16 in which the foot may be in-

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serted. However, it is also feasible to form the pedal with other means for the same purpose, e.g. snap fasteners for the shoes of the exercising person. The essential thing is only that the foot may carry the pedal with it actively, not only during the depression phase but also during the return phase.

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Optimum body exercise is attained when the two legs of the user continuously apply driving power to the balance wheel 2. When one of the pedals, e.g. the one which is included in the pedal device 13 for the left leg of the user, is depressed, the appurtenant clutch in the hub construction of the balance wheel will transmit power to the balance wheel by the fact that the three carrier fingers 33 of the clutch cages 29 are pressed against the front shoulder surfaces 31 such as is illustrated in fig 4. If the right leg during the simultaneous return movement for the appurtenant pedal works actively, i.e. drives or lifts the pedal upwards, also the clutch cage 29' will work in the same way, i.e. the carrier fingers of the clutch cage 29' will be pressed against the front shoulder surfaces 31 in the appurtenant recesses 30. In doing so, also the right leg drives the balance wheel in an active manner. However, if the right leg would not be activated to the same extent as the left one, the clutch cage 29' will lag behind or be offset in phase in relation to the clutch cage 29 co-operating with the left leg. This results in that each individual carrier finger on the clutch cage 29' will move a distance backwards in the appurtenant recesses and, in a very short time, collide with the rear shoulder surfaces 32 of the recessions. As has been verified through tests made, this collision gives rise to a noise which is easily audible by the user. His/her attention is then paid, in a distinct way, to the fact that the leg in question does not work as active as the other leg. This is something which in turn gives a possibility to immediately correct this way of working, simply by applying more muscular power to the leg in question.

In practice, it should be most ordinary that the lifting leg will lag behind the depressing leg. However, the construction according to the invention also enables correc-

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tion of the opposite conditions, if this peradventure would occur.

A substantial advantage of the bicycle according to the invention is that the same by way of simple, mechanical means provides opportunities for an all-round body exercise in that the user is made conscious if one of the legs does not work in an optimal way, whereby instantaneous correction may take place. In other words, opportunities are provided for an intensified training during which a plurality of additional muscle groups are activated apart from the ones which are required for only depressing a pedal during half a revolution.

Feasible Modifications of the Invention

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The invention is not solely restricted to the described example of embodiment. Although the invention above 15 has been described only in connection with an immovable cycle exerciser, the same may also apply in connection with multiwheeled, movable bicycles, e.g. racing bicycles. In the lastmentioned case, the described construction may be used not only with the purpose of intensifying the muscle work of the 20 body, but also with the purpose of increasing the driving of a wheel and thereby the top speed of the bicycle. In other words, the invention may also be used for achieving an improved degree of efficiency in the bicycle work as such. Although the two clutches between the chains and the wheel in 25 the example are made with three dogs co-operating with as many recesses in the tube piece mounted on the shaft, also fewer dogs, e.g. only one, may be used. It should also be pointed out that other transmissions, e.g. V-belts, might be used instead of chains. The thinner dogs may also be provided on the 30 centre tube piece and the wider recessions may be provided in the chain wheel-equipped cages. In conclusion, it should be mentioned that the individual mounting of the pedal devices in two spaced-apart bearings makes it possible to place the pedal devices at various levels. In this way, the bicycle may be used by people with a handicap relating to legs and feet, e.g. people with differently long legs. In doing so it is also feasible to make at least one of the bearings adjustable and fixable in various positions.

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Claims

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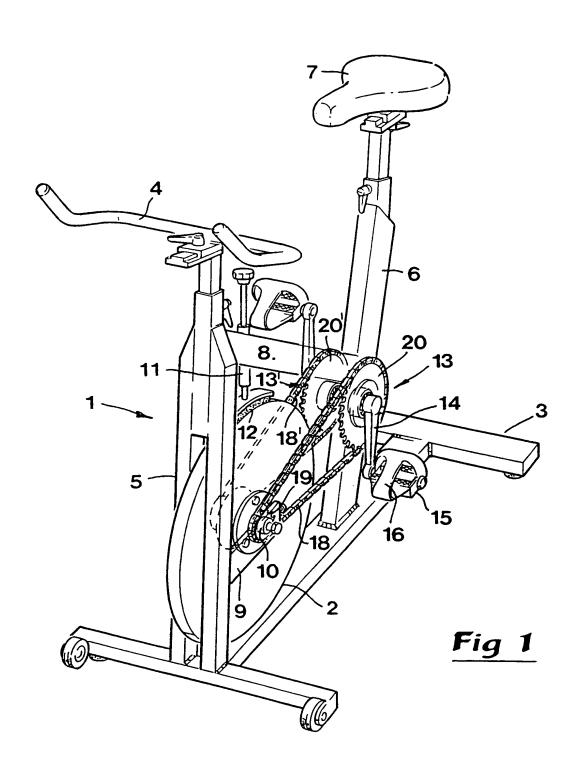
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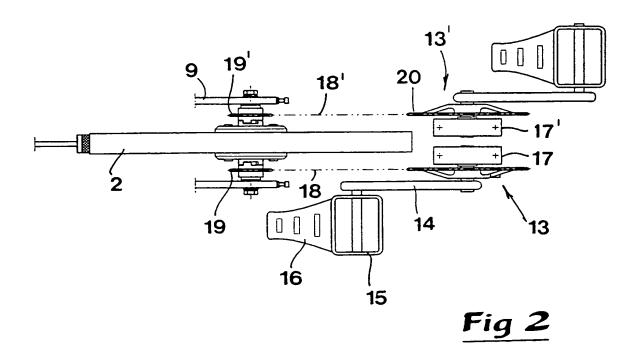
1. Bicycle including a frame (1) and a wheel (2) rotatably mounted in relation thereto, which wheel is drivable by means of two pedal devices (13, 13') having pedal-equipped arms (14), c h a r a c t e r i z e d in that the two pedal devices (13, 13') are individually mounted in different bearings (17, 17') and connected to the wheel (2) via two different transmissions (18, 18'), which separately co-operates with a mechanical clutch which comprises a dog (33) being movable to and fro opposite shoulder surfaces (31, 32) of which a first one (31) guarantees driving of the wheel (2) when the dog (33) in an active state is pressed against the same, and the other one (32) gives rise to noise when the dog in an inactive state collides with the same.

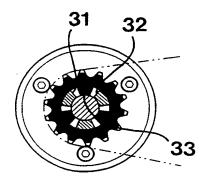
- 2. Bicycle according to claim 1, c h a r a c t e r i z e d in that a finger (33) serves as dog and is applied on a cage (29, 29') co-operating with the individual transmission (18, 18'), which cage is rotatably mounted in relation to a central shaft (10) for the wheel (2), and which engages a recess (30) in a part (25) rigidly united with the wheel (2) and delimited between said first and second shoulder surfaces (31, 32).
- 25 3. Bicycle according to claim 2, c h a r a c t e r i z e d in that the cage (29, 29') has three fingers (33) which engage a corresponding number of recesses (30) in said wheel part (25).
- 4. Bicycle according to any one of the preceding claims,

 30 c h a r a c t e r i z e d in that the individual transmission consists of an endless chain (18, 18') which is in engagement with a first chain wheel (19, 19') being connected to the clutch, as well as a second chain wheel (20, 20') which is connected to the pedal device (13, 13').



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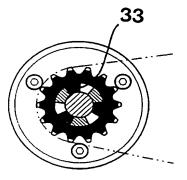


Fig 5

Fig 4

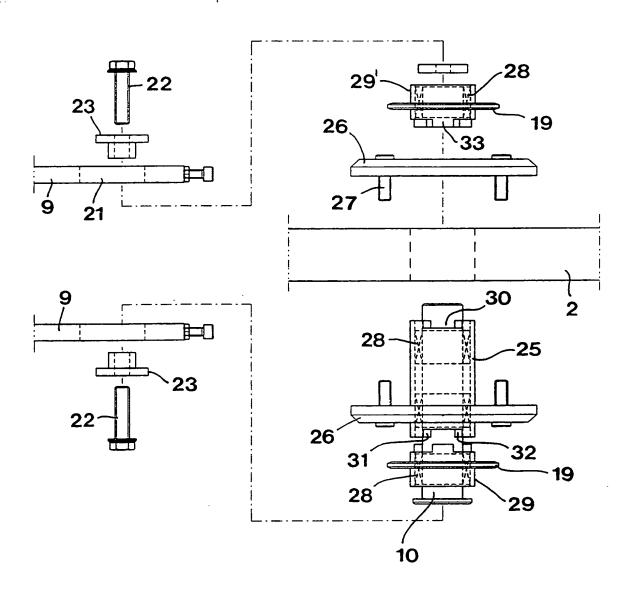


Fig 3

INTERNATIONAL SEARCH REPORT

International application No. PCT/SE 99/00915

A. CLASSIFICATION OF SUBJECT MATTER					
IPC6: A63B 22/08, A63B 69/16 According to International Patent Classification (IPC) or to both national classification and IPC					
B. FIELDS SEARCHED					
Minimum documentation searched (classification system followed by	ciassification symbols)				
IPC6: A63B					
Documentation searched other than minimum documentation to the	extent that such documents are included in	the fields searched			
SE,DK,FI,NO classes as above					
Electronic data base consulted during the international search (name	Electronic data base consulted during the international search (name of data base and, where practicable, search terms used)				
EPODOC, WPI					
C. DOCUMENTS CONSIDERED TO BE RELEVANT					
Category* Catation of document, with indication, where app	ropriate, of the relevant passages	Relevant to claim No.			
A US 5735774 A (J.D. MARESH), 7 Ap (07.04.98)	ril 1998	1-5			
A US 5433680 A (P.D. KNUDSEN), 18	July 1995	1-5			
(18.07.95)					
A US 4550906 A (D. IM), 5 November	1985 (05.11.85)	1-5			
Further documents are listed in the continuation of Box C. X See patent family annex.					
A document defining the general state of the art which is not consucred to be of particular relevance. A document defining the general state of the art which is not consucred to be of particular relevance. The later document published after the international filing date or principle and not in condict with the application but detect to understating the invention.					
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Form PCT ISA 210 (second sheet) (July 1992)



INTERNATIONAL SEARCH REPORT

Information on patent family members

International application No.

30/08/99 PCT/SE 99/00915

	atent document i in scarch repor	ι	Publication date	Patent family member(s)	Publication date
US	5735774	Α	07/04/98	NONE	
US	5433680	Α	18/07/95	NONE	
US	4550906	Α	05/11/85	NONE	

Form PCT ISA 210 (natent family annex). July 1992).

(PCT Article 36 and Rule 70)

Applicant's or agent's file reference	FOR FURTHER AC		ication of Transmittal of International Examination Report (Form PCT/IPEA/416)		
98054 PCT International application No.	International filing date				
[•	(aay/monin/year)	Priority date (day/month/year)		
PCT/SE99/00915	28.05.1999		29.05.1998		
International Patent Classification (IPC) o		nd IPC7			
A63B 22/08, A63B 69/1	6		i		
Applicant					
Herbert Dieter					
Herbert Dieter	<u>. </u>				
 This international preliminary examination report has been prepared by this International Preliminary Examining Authority and is transmitted to the applicant according to Article 36. This REPORT consists of a total of 4 sheets, including this cover sheet. This report is also accompanied by ANNEXES, i.e., sheets of the description, claims and/or drawings which have been amended and are the basis for this report and/or sheets containing rectifications made before this Authority (see Rule 70.16 and Section 607 of the Administrative Instructions under the PCT). 					
These annexes consist of a total of sheets.					
3. This report contains indications re	lating to the following ite	ms:			
I Basis of the report					
II Priority					
III Non-establishment o	f opinion with regard to n	ovelty, inventive step	and industrial applicability		
IV Lack of unity of inve					
V					
VI Certain documents ci					
	international application				
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VIII Certain observations on the international application					
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Date of submission of the demand	• •	Date of completion of	of this report		
12.10.1999		30.08.2000			
Name and mailing address of the IPEA/SE		Authorized officer			
Patent- och registreringsverket Box 5055	Telex 17978				
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Facsimile No. 08-667 72 88		Telephone No. 08-	782 25 00		

International application No.

PCT/SE99/00915

I. Basis of the	he report		
			ets which have been furnished to the receiving Office in response to an invitation and are not annexed to the report since they do not contain amendments.):
\boxtimes	the international	application as originally file	d.
	the description,	pages	, as originally filed,
			, filed with the demand,
		pages	, filed with the letter of,
		pages	, filed with the letter of
	the claims,	Nos.	, as originally filed,
			, as amended under Article 19,
		Nos.	, filed with the demand,
		Nos	, filed with the letter of,
		Nos.	, filed with the letter of
	the drawings,	sheets/fig	, as originally filed,
		sheets/fig	, filed with the demand
		sheets/fig	, filed with the letter of,
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2. The amenda		d in the cancellation of:	
	the description,	pages	
	the claims,	Nos.	
$\overline{\Box}$	the drawings,	sheets /fig	•
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			amendments had not been made, since they have been considered to go upplemental Box (Rule 70.2(c)).
4. Additional	observations, if no	ecessary:	

International application No.

PCT/SE99/00915

V.	Resoned statement under Article 35(2) with regard to novelty, inventive step or industrial applicability
	citations and explanations supporting such statement

1.	Statement	- 100 - 100		
	Novelty (N)	Claims Claims	1-4	YES NO
	Inventive step (IS)	Claims Claims	1-4	YES NO
	Industrial applicability (IA)	Claims Claims	1-4	YES NO

2. Citations and explanations

The invention relates to a bicycle and more specific to the pedal arrangement thereof. In bicycle training, the training effect is only achieved during each pedal's down-stroke. A primary object of the invention is to enable a more all-round training and to draw the attention of the user to instances when he or she is not performing work in an optimal way.

The invention solves the problem by providing a bicycle with a pedal arrangement wherein each pedal is mounted in its own bearing and connected to the driven wheel via a separate transmission. Each transmission connects to the driven wheel through a mechanical clutch device. The clutch has a certain slack in it so that when the user does not drive the driven wheel and the wheel drives the pedal, the clutch gives rise to a noise. This noise makes the user aware that he or she is not performing a work and so can put on an extra effort to compensate for this.

The cited document US 4550906 A discloses a bicycle that is intended to solve much the same problem as the present invention. It does so, however, by providing a pedal arrangement wherein the angle between the pedals can be changed from the usual 180 degrees. Further, the pedals influence the same rotational axis.

The cited US 5735774 A shows a pedal arrangement wherein each pedal is individually journalled on its own axis. There is no such clutch arrangement as claimed in the present invention.

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International application No.

PCT/SE99/00915

Supplemental Box

(To be used when the space in any of the preceding boxes is not sufficient)

Continuation of: V.

Thus, the claimed invention is new. It is also considered to be non-obvious to a person skilled in the art; there is no hint or suggestion in the cited documents to lead such a person towards the claimed invention. The claimed invention is considered to solve the stated problem.

Consequently, the claimed invention is considered to meet the criteria of novelty, inventive step and industrial applicability.

Form PCT/IPEA/409 (Supplemental Box) (January 1994)

PCT

INTERNATIONAL SEARCH REPORT

(PCT Article 18 and Rules 43 and 44)

Applicant's or agent's file reference 98054 PCT		of Transmittal of International Search Report (220) as well as, where applicable, item 5 below.
International application No.	International filing date (day month year	(Earliest) Priority Date (day/month/year)
PCT/SE 99/00915	28 May 1999	29 May 1998
Applicant		
Herbert Dieter		
applicant according to Article 18. A	peen prepared by this International Searce copy is being transmitted to the International state of a total of2 sheets. copy of each prior art document cited in	onal Bureau.
1. Certain claims were found u	nsearchable (See Box I).	
2. Unity of invention is lacking	(See Box II).	
international search was ear		ng
4. What regard to the thie,	e text is approved as submitted by the ap e text has been established by this Author	
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be	ublished with the abstract is: suggested by the applicant. cause the applicant failed to suggest a figure better characterizes the i	

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International application No.

PCT/SE 99/00915

A. CLASSIFICATION OF SUBJECT MATTER IPC6: A63B 22/08, A63B 69/16 According to International Patent Classification (IPC) or to both national classification and IPC **B. FIELDS SEARCHED** Minimum documentation searched (classification system followed by classification symbols) IPC6: A63B Documentation searched other than minimum documentation to the extent that such documents are included in the fields searched SE.DK.FI.NO classes as above Electronic data base consulted during the international search (name of data base and, where practicable, search terms used) EPODOC, WPI C. DOCUMENTS CONSIDERED TO BE RELEVANT Citation of document, with indication, where appropriate, of the relevant passages Relevant to claim No. Category* 1-5 US 5735774 A (J.D. MARESH), 7 April 1998 Α (07.04.98)US 5433680 A (P.D. KNUDSEN), 18 July 1995 1-5 Α (18.07.95)US 4550906 A (D. IM), 5 November 1985 (05.11.85) 1-5 Α See patent family annex. Further documents are listed in the continuation of Box C. Special categories of cited documents: later document published after the international filing date or priority date and not in conflict with the application but cited to understand the principle or theory underlying the invention document defining the general state of the art which is not considered to be of particular relevance document of particular relevance: the claimed invention cannot be erlier document but published on or after the international filing date considered novel or cannot be considered to involve an inventive document which may throw doubts on priority claim(s) or which is step when the document is taken alone cited to establish the publication date of another citation or other special reason (as specified) document of particular relevance: the claimed invention cannot be considered to involve an inventive step when the document is combined with one or more other such documents, such combination document referring to an oral disclosure, use, exhibition or other being obvious to a person skilled in the art document published prior to the international filing date but later than document member of the same patent family Date of mailing of the international search report Date of the actual completion of the international search 0 1 -10- 1999 7 Sept 1999 Name and mailing address of the ISA/ Authorized officer Swedish Patent Office Box 5055, S-102 42 STOCKHOLM Christer Bäcknert / MR Facsimile No. + 46 8 666 02 86 Telephone No. + 46 8 782 25 00

INTERNATIONAL SEARCH REPORT Information on patent family members

International application No.

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PCT/SE 99/00915

	atent document I in search report	Publication date	Patent family member(s)	Publication date
US	5735774 A	07/04/98	NONE	
US	5433680 A	18/07/95	NONE	
US	4550906 A	05/11/85	NONE	

PCT

NOTICE INFORMING THE APPLICANT OF THE COMMUNICATION OF THE INTERNATIONAL **APPLICATION TO THE DESIGNATED OFFICES**

(PCT Rule 47.1(c), first sentence)

From the INTERNATIONAL BUREAU

To:

JOHANSSON, Lars Lars Johansson Patentbyrå AB P.O. Box 68 S-801 02 Gävle SUÈDE

Date of mailing (day/month/year)

09 December 1999 (09.12.99)

Applicant's or agent's file reference

98054 PCT

IMPORTANT NOTICE

International application No. PCT/SE99/00915

International filing date (day/month/year) 28 May 1999 (28.05.99)

Priority date (day/month/year) 29 May 1998 (29.05.98)

Applicant

HERBERT, Dieter

1. Notice is hereby given that the International Bureau has communicated, as provided in Article 20, the international application to the following designated Offices on the date indicated above as the date of mailing of this Notice:

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In accordance with Rule 47.1(c), third sentence, those Offices will accept the present Notice as conclusive evidence that the communication of the international application has duly taken place on the date of mailing indicated above and no copy of the international application is required to be furnished by the applicant to the designated Office(s).

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3. Enclosed with this Notice is a copy of the international application as published by the International Bureau on 09 December 1999 (09.12.99) under No. WO 99/62600

REMINDER REGARDING CHAPTER II (Article 31(2)(a) and Rule 54.2)

If the applicant wishes to postpone entry into the national phase until 30 months (or later in some Offices) from the priority date, a demand for international preliminary examination must be filed with the competent International Preliminary Examining Authority before the expiration of 19 months from the priority date.

It is the applicant's sole responsibility to monitor the 19-month time limit.

Note that only an applicant who is a national or resident of a PCT Contracting State which is bound by Chapter II has the right to file a demand for international preliminary examination.

REMINDER REGARDING ENTRY INTO THE NATIONAL PHASE (Article 22 or 39(1))

If the applicant wishes to proceed with the international application in the national phase, he must, within 20 months or 30 months, or later in some Offices, perform the acts referred to therein before each designated or elected Office.

For further important information on the time limits and acts to be performed for entering the national phase, see the Annex to Form PCT/IB/301 (Notification of Receipt of Record Copy) and Volume II of the PCT Applicant's Guide.

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REQUEST

The undersigned requests that the present international application be processed according to the Patent Cooperation Treaty.

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International Application No.

PCT/ SE 99/00915

International Filing Date

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The Swedish Patent Office PCT Informational Application

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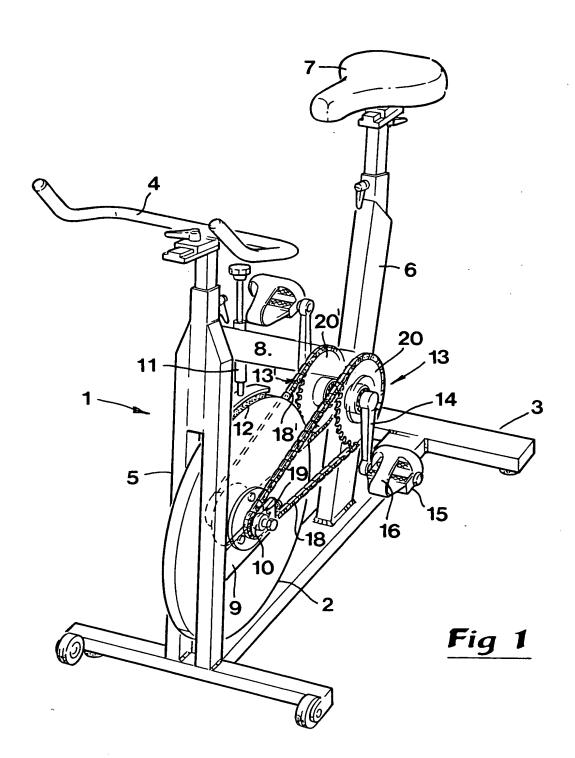
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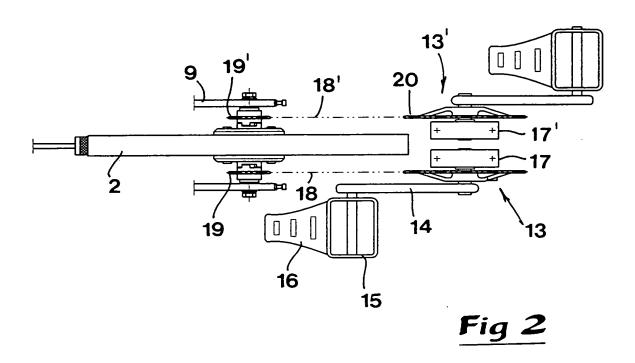
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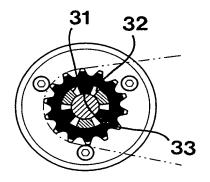
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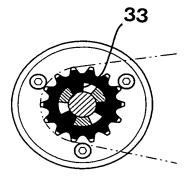


Fig 5

Fig 4

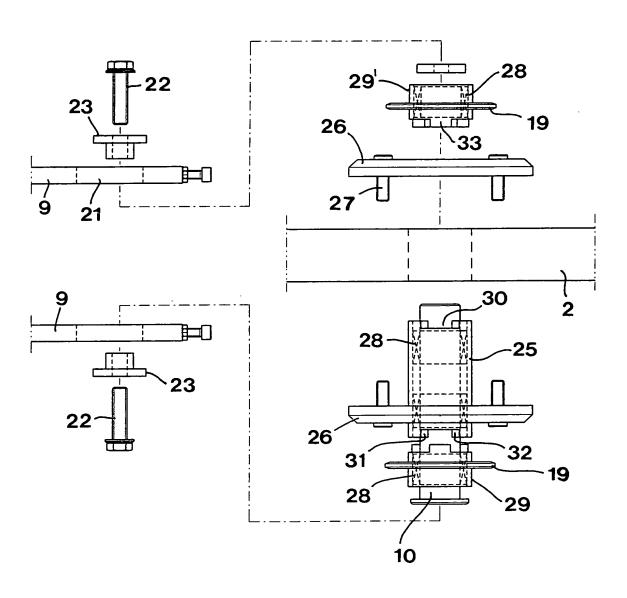


Fig 3

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CYKEL

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Uppfinningens tekniska område

Denna uppfinning hänför sig till en cykel av det slag som innefattar en stomme och ett relativt denna roterbart lagrat hjul, som är drivbart med hjälp av två trampdon med pedalförsedda armar.

Uppfinningens bakgrund

Vid tidigare kända träningscyklar, som i modernare versioner ofta används för s.k. spinning, är de båda trampdonen orienterade i 180° mot varandra och vridstyvt förenade med en gemensam axel med vilken är vridstyvt förenad en tandkrans för en enda transmission i form av en ändlös kedja, som till hjulet överför den drivkraft som den tränande via sina ben påför pedalerna. I praktiken ger denna konstruktion en medioker och delvis ensidig träning av kroppen. Sålunda sker energikrävande krafteröverföring från användarens ben till varje enskilt trampdon i huvudsak endast det halva rotationsvarv under vilket trampdonet bringas att röra sig i riktning framåt från området av ett övre dödpunktsläge till området av ett undre dödpunktsläge. Under returrörelsen bakåt från det undre dödpunktsläget mot det övre dödpunktsläget hålls dock det enskilda benet i allt väsentligt i ett vilotillstånd såtillvida att detsamma inaktivt medföljer den aktuella pedalen då det andra benet trampar ned den motsatta pedalen. Detta rörelsemönster resulterar i en låg fysiologisk verkningsgrad, dels såtillvida att det enskilda benets egen vikt (som ofta ligger inom området 15-25 kg) bidrar till att påföra den enskilda pedalen kraft under den enda rörelse som kräver påtaglig energiåtgång, nämligen nedtrampningen, dels såtillvida att endast vissa muskelgrupper i framför allt den tränandes ben, rygg och mage behöver aktiveras under just nedtrampningsrörelsen, nämligen de muskler som förmår påföra pedalen tryckkraft.

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Uppfinningens syften och särdrag

Föreliggande uppfinning tar sikte på att undanröja ovannämnda brister hos tidigare kända cyklar och skapa en förbättrad cykel. Ett grundläggande syfte med uppfinningen är sålunda att skapa en cykel som möjliggör en allsidigare träning och som med enkla medel gör användaren uppmärksam på sådana moment då kroppsarbetet ej utförs på ett fysiologiskt optimalt sätt.

Enligt uppfinningen nås ovannämnda syfte medelst de särdrag som är angivna i patentkravets 1 kännetecknande del. Fördelaktiga utföranden av uppfinningen är vidare definierade i de osjälvständiga patentkraven.

Kort beskrivning av bifogade ritningar

På ritningarna är:

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- 10 Fig 1 en perspektivvy av den uppfinningsenliga cykeln,
 - Fig 2 en delvis skuren planvy visande en i cykeln ingående trampmekanism jämte ett balanshjul,
 - Fig 3 en förstorad sprängvy visande en i balanshjulet ingående navkonstruktion,
- 15 Fig 4 en sidovy av en i navkonstruktionen ingående koppling i ett första funktionstillstånd, och
 - Fig 5 en analog sidovy visande samma koppling i ett andra funktionstillstånd.

20 <u>Detaljerad beskrivning av ett föredraget utförande av uppfinn-</u> <u>ingen</u>

Den i fig 1 visade cykeln innefattar en i sin helhet med 1 betecknad stomme samt ett relativt denna roterbart lagrat hjul 2 i form av ett balanshjul. Stommen 1 är sammansatt av ett underrede 3, en med ett stödhandtag 4 försedd, främre gaffel 5 samt en bakre ståndare 6 som bär en sadel 7. Mellan framgaffeln 5 och ståndaren 6 sträcker sig ett mellanstycke 8. Bakåt från framgaffelns båda åtskilda skänklar sträcker sig schematiskt antydda konsoler 9 som bär en axel 10 för hjulet 2. Ett på mellanstycket 8 monterat bromsdon 11 har till uppgift att påföra balanshjulet en varierbar bromseffekt. I det visade exemplet inbegriper bromsdonet 11 ett mot hjulets periferi verkande belägg 12 som kan ansättas olika hårt mot hjulet med hjälp av en skruv.

För att driva hjulet 2 är anordnad en mekanism som inbegriper två trampdon 13, 13' som vart och ett har en arm 14 med en vinkelställd pedal 15, närmare bestämt en pedal av det slag som inbegriper en bygel 16 i vilken den främre delen av en användares fot kan stickas in.

Så långt den visade cykeln hittills beskrivits är densamma i allt väsentligt tidigare känd.

Nytt och karakteristiskt för den uppfinningsenliga cykeln är att de båda trampdonen 13, 13' är individuellt lagrade i två olika lager 17, 17' (se fig 2) och förbundna med balanshjulet 2 via två olika transmissioner 18, 18'. I det visade exemplet utgörs dessa transmissioner av i och för sig kända, ändlösa kedjor, vilka framtill står i ingrepp med första tand- eller kugghjul 19, 19' och baktill samverkar med andra tand- eller kugghjul 20, 20' ingående i de båda trampdonen 13, 13'.

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Nu hänvisas till fig 3 som i detalj illustrerar balanshjulets navkonstruktion. Axeln 10 är införbar i hål 21 i konsolerna 9 och fixerbar relativt dessa med hjälp av skruvar 22 och brickor 23. Axelns läge kan fininställas med hjälp av ställskruvar 24. På axeln 10 är roterbart lagrat ett rörstycke 25 som är vridstyvt förbundet med balanshjulet 2 via flänsringar 26 vilka är anfästbara mot hjulet via skruvförband 27. Ehuru lagringen av rörstycket 25 relativt axeln 10 kan förverkligas på olika sätt föredras i praktiken nållager 28 för detta ändamål. Vid varje ände av rörstycket 25 är på axeln 10 vidare roterbart lagrade tvenne hylsor 29, 29' med vilka de båda främre tandkransarna 19, 19' är vridstyvt förenade. Även hylsorna 29, 29' är med fördel lagrade på axeln med hjälp av nållager 28.

I vart och ett av rörstyckets 25 båda ändpartier är utformade ett antal urtagningar 30 vilka var för sig avgränsas av tangentiellt åtskilda, motstående ansatsytor 31, 32. Varje dylik ansatsyta sträcker sig lämpligen radiellt i förhållande till axelns geomemtriska centrumaxeln, dvs i rät vinkel mot en tangent till axelns cylindriska manatelyta. På så sätt erhåller urtagningen sektorartad form, såsom tydligt framgår av fig 4 och 5. I det visade exemplet inbegriper rörstycket tre ekvidistant åtskilda urtagningar. I detta fall kan den sektorformade urtagningen ha en båglängd exempelvis inom området 40-80°, lämpligen 50-70°.

Ett mot antalet urtagningar 30 svarande antal medbringare eller fingrar 33 är utformade på det inåt vända ändpartiet av varje hylsa 29, 29'. Även dessa fingrar 33 är tvärsnittsvis sektorformade, ehuru med en båglängd som är mindre än båglängden hos en samverkande urtagning 30 i vilken fingret griper in. I praktiken kan det enskilda fingret har en sektorbåglängd som är 15-25° mindre än urtagningens båglängd. I likhet med urtagningarna 30 är fingrarna 33 ekvidistant åtskilda. Genom att det enskilda fingret är mindre än tillhörande urtagning kan den enskilda hylsan 29 resp. 29' röra sig mellan motsatta ändlägen relativt rörstycket 25, nämligen mellan ett ändläge i vilket främre ansatsytor på fingrarna anligger mot främre ansatsytor i urtagningarna och ett motsatt ändläge i vilket bakre ansatsytor på fingrarna anligger mot bakre ansatsytor i urtagningarna.

Uppfinningens funktion och fördelar

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Föreliggande uppfinning bygger på insikten att fysiologiskt optimala träningsresultat ernås först om den tränandes båda ben kontinuerligt arbetar hela varv, dvs icke blott under det halva varv då det enskilda benet genomför en nedtrampningsrörele, utan även under varje efterföljande returrörelse då pedalen skall föras bakåt från sitt undre dödpunktsläge mot sitt övre dödpunktsläge. Av detta skäl är den uppfinningsenliga cykelns båda pedaler utrustade med medel för fixering av den tränandes fot eller sko. I det visade exemplet inbegriper pedalerna 15 en konventionell bygel 16 i vilken foten kan stickas in. Det är emellertid även tänkbart att utforma pedalen med andra medel för samma ändamål, t ex snäppfästen för den tränandes skor. Det väsentliga är blott att foten kan aktivt medbringa pedalen icke blott under nedtrampningsfäsen utan även under returfasen.

Optimal kroppsträning ernås då användarens båda ben kontinuerligt påför balanshjulet 2 drivkraft. Då den ena pedalen, t ex den som ingår i trampdonet 13 för användarens vänstra ben, trampas ned kommer tillhörande koppling i balanshjulets navkonstruktion att överföra kraft till balanshjulet genom att kopplingshylsans 29 tre medbringarfingrar 33 ansätts mot de främre ansatsytorna 31 såsom illustreras i fig 4. Om det högra benet under den samtidiga returrörelsen för tillhörande pedal arbetar aktivt, dvs driver eller lyfter pedalen uppåt kommer även kopplingshylsan 29' att arbeta på samma sätt, dvs kopplingshylsans 29' medbringarfingrar kommer att ansättas mot de främre ansats-

ytorna 31 i tillhörande urtagningar 30. Härvid driver även det högra benet balanshjulet på ett aktivt sätt. Om emellertid det högra benet ej skulle aktiveras i samma utsträckning som det vänstra kommer kopplingshylsan 29' att släpa efter eller fasförskjutas i förhållande till den med det vänstra benet samverkande kopplingshylsan 29. Detta får till följd att varje enskilt medbringarfinger på kopplingshylsan 29' kommer att röra sig ett stycke bakåt i tillhörande urtagningar och på mycket kort tid stöta emot urtagningarnas bakre ansatsytor 32. Såsom verifierats genom utförda prov ger denna stöt upphov till ett oljud som är lätt hörbart av användaren. Denne uppmärksammas då på ett distinkt sätt att det aktuella benet ej arbetar lika aktivt som det andra benet; något som i sin tur ger möjlighet att omedelbart korrigera detta arbetssätt helt enkelt genom att påföra det aktuella benet mer muskelkraft.

I praktiken torde vanligast förekomma att det lyftande benet kommer att släpa efter det nedtrampande benet. Den uppfinningsenliga konstruktionen möjliggör emellertid även korrigering av det omvända förhållandet, om detta till äventyrs skulle inträffa.

En väsentlig fördel med den uppfinningsenliga cykeln är att densamma med hjälp av enkla, mekaniska medel skapar förutsättningar för en allsidig kroppsträning i det att användaren medvetandegörs huruvida det ena benet icke arbetar på ett optimalt sätt, varigenom momentan korrigering kan ske. Med andra ord skapas förutsättningar för en intensifierad träning under vilken aktiveras ett flertal ytterligare muskelgrupper utöver de som krävs för enbart nedtrampning av en pedal under ett halvt varv.

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Tänkbara modifikationer av uppfinningen

Uppfinningen är ej begränsad blott till det beskrivna utförandeexemplet. Ehuru uppfinningen ovan beskrivits enbart i samband med en orörlig träningscykel kan densamma även tillämpas i samband med flerhjuliga, rörliga cyklar, t ex tävlingscyklar. I sistnämnda fall kan den beskrivna konstruktionen utnyttjas icke blott i syfte att intensifiera kroppens muskelarbete, utan även i syfte att öka drivningen av ett hjul och därmed cykelns topphastighet. Med andra ord kan uppfinningen

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även utnyttjas för ernående av en förbättrad verkningsgrad i cyklingsarbetet som sådant. Ehuru de båda kopplingarna mellan kedjorna och hjulet i exemplet är utförda med tre medbringare som samverkar med lika många urtagningar i det på axeln lagrade rörstycket kan även färre medbringare, t ex blott en, användas. Det må även påpekas att andra transmissioner, t ex kilremmar, kan användas i stället för just kedjor. Ävenledes kan de smalare medbringarna vara utformade på det mittre rörstycket och de bredare urtagningarna vara utformade i de tandkransförsedda hylsorna. Avslutningsvis skall nämnas att den individuella monteringen av trampdonen i två åtskilda lager gör det möjligt att placera trampdonen på olika nivåer. På så sätt kan cykeln användas av människor med handikapp vad avser ben och fötter, t ex människor med olika långa ben. Härvid är det även tänkbart att utföra åtminstone det ena lagret ställbart och fixerbart i olika lägen.

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<u>Patentkrav</u>

1. Cykel innefattande en stomme (1) och ett relativt denna roterbart lagrat hjul (2), som är drivbart med hjälp av två trampdon (13, 13') inbegripande pedalförsedda armar (14), kännet ecknad därav, att de båda trampdonen (13, 13') är individuellt lagrade i olika lager (17, 17') och förbundna med hjulet (2) via två olika transmissioner (18, 18'), som var för sig samverkar med en mekanisk koppling vilken innefattar en medbringare (33) som är rörlig mot och från motsatta ansatsytor (31, 32) av vilka en första (31) ombesörjer drivning av hjulet (2) då medbringaren (33) i ett aktivt tillstånd ansätts mot densamma, och den andra (32) ger upphov till oljud då medbringaren i ett inaktivt tillstånd stöter emot densamma.

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- 2. Cykel enligt krav 1, k ä n n e t e c k n a d därav, att såsom medbringare tjänar ett finger (33) vilket är anbragt på en med den enskilda transmissionen (18, 18') samverkande hylsa (29, 29'), som är vridbart lagrad relativt en central axel (10) för hjulet (2), och vilket griper in i en mellan sagda första och andra ansatsytor (31, 32) avgränsad urtagning (30) i en med hjulet (2) vridstyvt förenad del (25).
- 3. Cykel enligt krav 2, k ä n n e t e c k n a d därav, att 25 hylsan (29, 29') uppvisar tre fingrar (33) som griper in i ett motsvarande antal urtagningar (30) i sagda hjuldel (25).
- 4. Cykel enligt något av föregående krav, k ä n n e t e c k n a d därav, att den enskilda transmissionen utgörs av en änd30 lös kedja (18, 18') som står i ingrepp med dels en första tandkrans (19, 19') som är förbunden med kopplingen, dels en andra
 tandkrans (20, 20') som är förbunden med trampdonet (13, 13').

Sammandrag

En cykel innefattar en stomme (1) och ett relativt denna roterbart lagrat hjul (2), som är drivbart med hjälp av två trampdon (13, 13') inbegripande pedalförsedda armar (14). De båda trampdonen (13, 13') är individuellt lagrade i olika lager och förbundna med hjulet (2) via två olika transmissioner (18, 18'), som var för sig samverkar med en mekanisk koppling vilken innefattar en medbringare som är rörlig mot och från motsatta ansatsytor av vilka en första ombesörjer drivning av hjulet (2) då medbringaren i ett aktivt tillstånd ansätts mot densamma, och den andra ger upphov till oljud då medbringaren i ett inaktivt tillstånd stöter emot densamma.

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Publikationsbild: Fig

INTERNATIONAL SEARCH REPORT

International application No. PCT/SE 99/00915

CLASSIFICATION OF SUBJECT MATTER IPC6: A63B 22/08, A63B 69/16 According to International Patent Classification (IPC) or to both national classification and IPC B. FIELDS SEARCHED Minimum documentation searched (classification system followed by classification symbols) Documentation searched other than minimum documentation to the extent that such documents are included in the fields searched SE,DK,FI,NO classes as above Electronic data base consulted during the international search (name of data base and, where practicable, search terms used) EPODOC, WPI C. DOCUMENTS CONSIDERED TO BE RELEVANT Citation of document, with indication, where appropriate, of the relevant passages Relevant to claim No. Category* 1-5 US 5735774 A (J.D. MARESH), 7 April 1998 Α (07.04.98)US 5433680 A (P.D. KNUDSEN), 18 July 1995 1-5 (18.07.95)1-5 US 4550906 A (D. IM), 5 November 1985 (05.11.85) See patent family annex. Further documents are listed in the continuation of Box C. later document published after the international filing date or priority Special categories of cited documents: date and not in conflict with the application but cited to understand "A" document defining the general state of the art which is not considered the principle or theory underlying the invention to he of particular relevance erlier document but published on or after the international filing date document of particular relevance: the claimed invention cannot be considered novel or cannot be considered to involve an inventive document which may throw doubts on priority claim(s) or which is step when the document is taken alone cited to establish the publication date of another citation or other document of particular relevance: the claimed invention cannot be special reason (as specified) considered to involve an inventive step when the document is combined with one or more other such documents, such combination document referring to an oral disclosure, use, exhibition or other being obvious to a person skilled in the art document published prior to the international filing date but later than the priority date claimed "&" document member of the same patent family Date of mailing of the international search report Date of the actual completion of the international search 0 1 -10- 1999 7 <u>Sept 1999</u> Name and mailing address of the ISA? Authorized officer Swedish Patent Office Box 5055, S-102 42 STOCKHOLM Christer Bäcknert / MR Telephone No. + 46 8 782 25 00 Facsimile No. +46 8 666 02 86

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	atent document I in search report	Publication date	Patent family member(s)	Publication date
US	5735774 A	07/04/98	NONE	
US	5433680 A	18/07/95	NONE	
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